VANCOUVER metro®

Town rallies around gay police chief

Residents of Latta, S.C., rebel against firing PAGE 10

Summertime is salad time

Lighten up with a tasty Thai beef salad or a cabbage mango slaw PAGE 17

BREAKING BAD WITHDRAWAL? BETTER CALL SAUL

WILL A SPINOFF PREQUEL GIVE FANS THEIR FIX? USE METRO AR TO HEAR WHAT CREATOR VINCE GILLIGAN HAS TO SAY PAGE 13

MANNSCHAFT'S BIG SCORE

Germany's Mario Goetze, front, celebrates with his teammate Andre Schuerrle after scoring a goal during extra-time at the World Cup final between Germany and Argentina at the Maracana Stadium in Rio de Janeiro, Brazil, on Sunday. More World Cup coverage, pages 5 and 18. ODD ANDERSEN/AFP/GETTY IMAGES

Revived Pemberton music fest aims to be 'Coachella of Canada'

25,000 expected to attend. New promoter invests $18M in the hopes of ironing out problems that plagued previous incarnation

When Nine Inch Nails and Outkast relaunch the Pemberton Music Festival this week on a pastoral stage amid remote B.C. farmland, devoted fans won't be the only ones judging the spectacle's second coming.

In July 2008, local First Nations residents had their lawns, and sense of security, trampled over three days when 40,000 concert-goers squeezed into sacred territories normally inhabited by 2,400 people.

"(It went) beyond the basic challenge of getting around town and meeting your basic needs," said Kerry Mehaffey, Lil'wat Nation director of business and economic development.

"We had people wandering through people's yards — front yards, backyards, near their houses — setting up tents, parking in people's front yards without permission."

Seven years later, an unrelated promoter has pumped $18 million worth of infrastructure into the region, aspiring to revive the extravaganza that was mired in snarled traffic, dust and putrid portapotties.

New Orleans-based Huka Entertainment expects to benefit from the expanded Sea-to-Sky Highway, and has partnered with the aboriginal community.

The festival is being promoted as the most highly produced in Canada this year, one that will strive to top attendance charts and has the potential to become the most-vaunted jam this side of the Rockies.

All involved are envisioning the July 16-to-20 relaunch as "Year 1" of a new festival, which they've planned meticulously to avoid past mistakes.

"Everyone is taking quite a positive approach. There will be some hiccups, we expect, but for the … partnership, this is a long-term investment. It isn't a sort of one-and-done festival," said Mehaffey.

"I feel fairly confident these guys are relying on their reputation and the fact they want to be doing it again for the next 10 years to make sure that those problems aren't repeated."

It's anticipated that about 25,000 people will surge into the picturesque valley at the base of Mount Currie, about 150 kilometres north of Vancouver, to rock out to 100 bands and comedians on six stages.

"What we're building is the Coachella of Canada," said A. J. Niland, Huka's co-founder, referring to the American music and arts festival, held annually in California's Colorado Desert. THE CANADIAN PRESS

Monday is the perfect day to start your cleanse at Vancouver's 17 vegan restaurants.

Get the App.
Get there now.

yp.ca/app

YellowPages™

Whale calf's condition still 'hour to hour': Aquarium vet

Rare false killer whale. Animal left unable to swim on its own after suffering various wounds

SAM SMITH
vancouver@metronews.ca

A dramatic rescue by Vancouver Aquarium staff of a rare and relatively mysterious false killer whale in Tofino on July 10 has the team tending to the creature 24 hours a day, but it's still too early to tell if the calf will live or die.

Dr. Martin Haulena has been caring for the as-of-yet unnamed animal since they brought him in but said it's still touch and go.

"Well, he's doing as well as can be expected," Haulena said.

"He's still in very critical condition, but some initial blood work has come back OK, which is great. But he does have significant muscle damage and is unable to swim on his own. Unfortunately, the odds are against him."

On a positive note, the false killer whale — a rarity in these waters as they are typically found in tropical or sub-tropical environments, according to Haulena — has survived longer than they first thought.

A false killer whale is a cetacean that shares characteristics with the killer whale, such as its hunting tendencies, but is normally smaller in size and tends to live in different bodies of water.

"The chances are still really low, but boy am I ever impressed that he's doing as well that he can be doing," he said.

The false killer whale has been in the care of the Vancouver Aquarium since he was discovered off the coast of Tofino, hurt and unable to move.

So far the team has found rake (teeth) marks, which generally come from whale parents doing a form of discipline, or potentially other animals attacking it, as well as wounds from the animal thrashing on rocks.

Since then they have worked all hours of the day doing as many diagnostics as possible. The testing will continue for the next several weeks.

A rare false killer whale calf is under 24-hour supervision at the Vancouver Aquarium after it was found injured and unable to swim off the coast of Tofino on July 10, 2014. COURTESY VANCOUVER AQUARIUM

"The biggest piece of information I want out of him is the weight," Haulena said. "It sounds simple, but what it entails is taking him out of the water, getting him onto a scale and getting as accurate a weight as possible."

This information will tell the team if they're doing the right kind of therapy or not, as the whale was severely underfed when the first took him in.

But with an injured animal living hour to hour, it's not a simple task.

The debate of whether or not to keep whales in captivity has recently resurfaced in Vancouver, with outspoken critic and park board commissioner Constance Barnes stating that the false killer whale should have been left alone rather than "suffer" and face the potential of living in captivity.

Don't leave children, pets in the car, city warns

Summer at Kits Beach. METRO FILE

Drink water, beeline for air conditioning, check on seniors and — whatever you do — don't leave children or pets in your car.

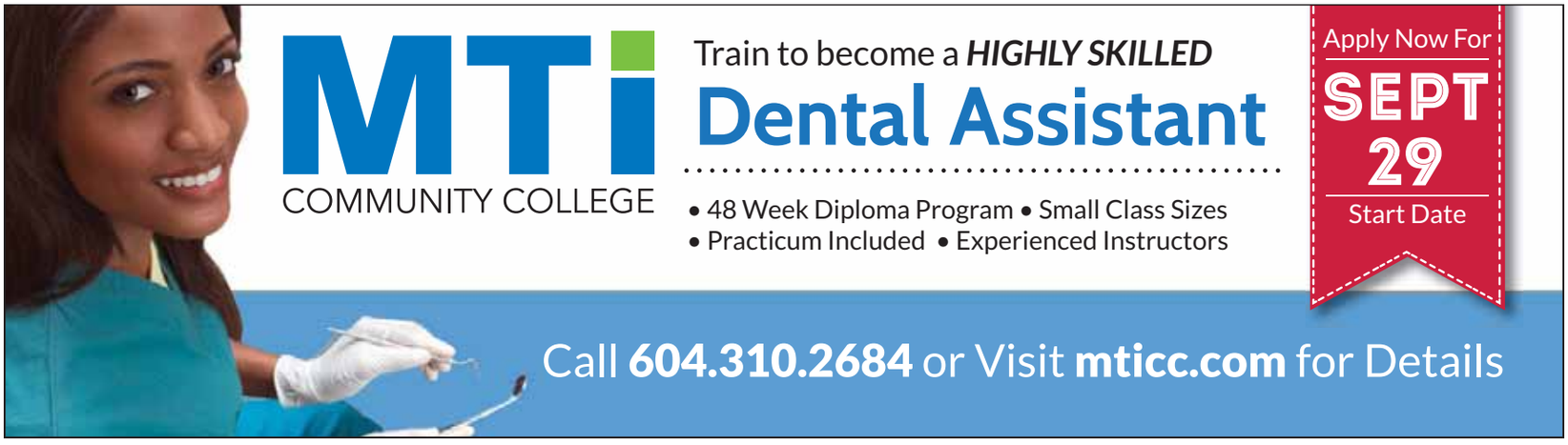
Local health authorities and the City of Vancouver issued these tips to stay cool and avoid heat-related troubles in light of the hot spell expected to last throughout the week.

The mercury will hover around the low 30s in Metro Vancouver until Wednesday, according to an Environment Canada statement issued Sunday.

To help cope with the weather, authorities recommend drinking more water than usual, avoiding outdoor activities during the peak afternoon heat and visiting people who live alone, particularly seniors who might not be able to seek relief on their own.

Do not leave children or pets in cars, as the temperature can skyrocket to dangerous levels within minutes, even if the window is left open a crack. The B.C. SPCA, which implores dog owners to leave their pets at home in the shade, received 228 calls to rescue distressed dogs in hot cars in June alone.

The city welcomes anyone to drop in and cool off at its community centres and libraries, and medical health officers encourage a dip in the local pools. EMILY JACKSON/METRO


MTi
COMMUNITY COLLEGE
Train to become a HIGHLY SKILLED
Dental Assistant
• 48 Week Diploma Program • Small Class Sizes
• Practicum Included • Experienced Instructors
Apply Now For
SEPT 29
Start Date
Call 604.310.2684 or Visit mticc.com for Details

Comfort & safety you expect with style & technology you'll love.

With features like best-in-class interior space,* a standard backup camera, premium interior styling, along with standard Bluetooth® and steering wheel audio controls, the 2014 Corolla LE is as practical as it is impressive.

Corolla LE shown.

COROLLA

Like you've never seen it before.

TOYOTA

toyota.ca

*Based on AUTODATA industry data as of February 2014 comparing sedans in the IHS Automotive: Polk non-luxury compact car segment.

Petition. Gardeners plot to save flowers and food along Arbutus corridor

Community gardeners are imploring the city to negotiate with CP Rail to save their plots along the Arbutus corridor before the company destroys them in August.

Nearly 200 people have signed an online petition asking Mayor Gregor Robertson to protect the gardens that have grown food and flowers for more than 20 years along CP tracks, which haven't been used by trains since 2001.

But CP intends to clear its property for potential training use or storing boxcars. The shift comes after years of unsuccessful negotiations with the city over the property that runs through prime real estate.

"If you truly aspire to achieving the world's greenest city, we urge you to support community gardens by entering into meaningful negotiations with CP to develop a sustainable plan for maintaining this precious green space," the petition states.

If the mayor wants to save the gardens, he'll have to get CP to the table quickly.

The company has said it's open to negotiations, but wrote a letter earlier this month to ask gardeners to transplant their gardens by July 31.

The threat to remove the so-called unauthorized encroachments is "quite a transparent attempt to get all of the community gardeners along the corridor to do your dirty work for you by putting pressure on the City of Vancouver," Maple Street community gardener Deirdre Phillips wrote in a letter to CP CEO Hunter Harrison. EMILY JACKSON/METRO

Letter to CEO

The trains and gardeners co-existed peacefully for years, wrote Deirdre Phillips in a letter to CP CEO Hunter Harrison.

- Phillips has been a gardener since the 1990s.

An avid fan couldn't sit down during the final match between Argentina and Germany on Sunday at Trout Lake Community Centre. SAM SMITH/FOR METRO

City revels in World Cup love at community centre

A win for Germany. All 800 seats that the city put aside were filled for the World Cup final

SAM SMITH
vancouver@metronews.ca

Despite the black, red and yellow war-painted faces squaring off against those loyal to blue and white, it was nothing but brotherhood and a common love of the World Cup that left the hundreds of fans gathered at Trout Lake Community Centre happy, no matter the outcome.

The City of Vancouver put aside 800 seats at the centre to celebrate the World Cup, while including a variety of food carts for the hungry masses and games for the entire to family to enjoy.

While some were on edge and nervous for their favourite teams' fate, others were enjoying the camaraderie and spectacle of the show itself.

Rebecca James was there in support of Argentina with her family, but maintains she had no choice in the matter.

"My husband picked Argentina to win, so I couldn't exactly choose another team," she said laughing. "This is so much fun, though. I didn't get to watch a lot of the soccer because of my newborn daughter, but when I heard about this event I thought, 'Why not?' And it's been great so far."

An avid soccer fan who has watched every single game in the World Cup this year, Roger Adery was smiling from ear to ear as he stepped into the rink and saw the game up on the projector.

"This is it, this is the stuff," he said. "This is better than the Olympics. Look at all these people here watching this together. It's great."

Adery said he didn't care which team took the cup, he just wanted a good match.

In the end, Germany won 1-0 with a late goal in extra time.

The beautiful game

"This is better than the Olympics. Look at all these people here watching this together. It's great."

Roger Adery, avid soccer fan, on the gathering at Trout Lake

Coun. Elizabeth Ball

Could Vancouver host Formula E?

NPA Coun. Elizabeth Ball will bring forward a motion asking the city to look into becoming a future host for the Formula E Championship, a one-day electric car race run by the same folks that host Formula 1 events.

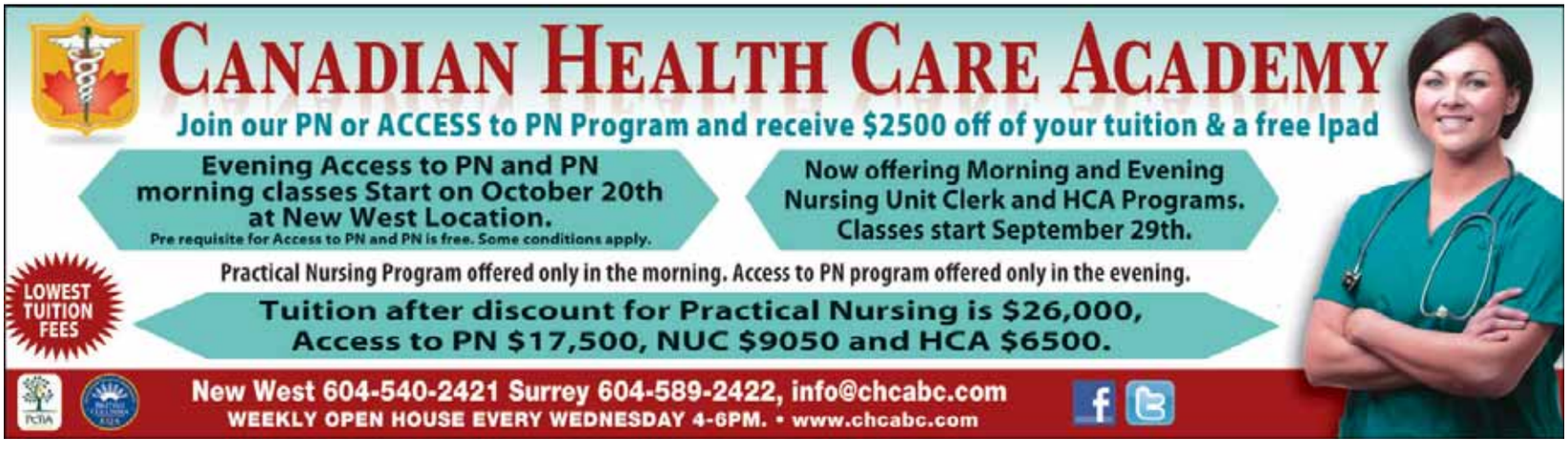
The inaugural Formula E races will take place in 10 cities between fall 2014 and spring 2015, including other recent or soon-to-be Olympic Games hosts. EMILY JACKSON/METRO

Numerous 911 calls

Drivers exchange gunfire in Surrey

Two drivers exchanged gunfire as they raced through Surrey streets on Saturday, with at least one other vehicle getting struck by a bullet in the crossfire.

A white Nissan was chasing a black Mercedes near 139th Street and 88th Avenue around 1:10 p.m. when Surrey RCMP received numerous 911 calls saying people from both vehicles were firing shots at the other. EMILY JACKSON/METRO


CANADIAN HEALTH CARE ACADEMY
Join our PN or ACCESS to PN Program and receive $2500 off of your tuition & a free Ipad
Evening Access to PN and PN morning classes Start on October 20th at New West Location.
Pre requisite for Access to PN and PN is free. Some conditions apply.
Now offering Morning and Evening Nursing Unit Clerk and HCA Programs. Classes start September 29th.
Practical Nursing Program offered only in the morning. Access to PN program offered only in the evening.
LOWEST TUITION FEES
Tuition after discount for Practical Nursing is $26,000, Access to PN $17,500, NUC $9050 and HCA $6500.
New West 604-540-2421 Surrey 604-589-2422, info@chcabc.com
WEEKLY OPEN HOUSE EVERY WEDNESDAY 4-6PM. • www.chcabc.com

Military targets. Most Palestinian casualties in recent days civilians: UN

The target was the Gaza police chief. He survived the Israeli airstrike on a cousin's home with critical injuries, but 18 family members were killed, including five children and teens.

The weekend attack highlighted Israel's broad definition of military targets in its current offensive against the Islamic militant group Hamas. The army says those targets include senior Hamas activists and their homes, even as it insists it is doing the utmost to spare bystanders by warning them to clear out.

However, the UN Office for Humanitarian Affairs said Sunday that civilians made up the majority of Palestinian casualties over the past six days — 133 of 168 killed and nearly half of more than 1,100 wounded. And a human rights researcher said some of Israel's strikes appear to have violated rules of war.

The issue of Israel's targets cuts to the core of conflicting narratives.

Smoke rises following an Israeli strike on Gaza seen Sunday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Palestinians — and not just those loyal to Hamas — say Israel is punishing all of Gaza's 1.7 million people and is killing civilians with impunity.

Israel has portrayed its offensive against Hamas as self-defence, saying it is trying to halt the group's rocket attacks on Israeli communities. Gaza militants have fired more than 800 rockets over the past week. THE ASSOCIATED PRESS

Germany

Police let anti-Israel protester use megaphone

German police allowed an anti-Israel protester to climb inside a police car and shout slogans including "child murderer Israel" through a police megaphone, a spokeswoman for Frankfurt's police said Sunday. Police let the protester use the megaphone during a Free Gaza demonstration Saturday because he had offered to calm down a protest that had turned violent, she said. THE ASSOCIATED PRESS

France

Protesters try to force way into Paris synagogue

Pro-Palestinian protesters tried to force their way into a Paris synagogue Sunday with bats and chairs, then fought with security officers who blocked their way, according to police and a witness. Some 150 people were inside for a ceremony honouring three Israeli teens recently killed, said Aline Le Bail-Kremer, who watched the conflict from her window across the street. THE ASSOCIATED PRESS

An Israeli armoured personnel carrier drives along the Israel and Gaza border Sunday. TSAFRIR ABAYOV/THE ASSOCIATED PRESS

No sign of ceasefire days into offensive

Israel-Palestine conflict. Thousands in Gaza flee their homes amid bombings while Israel prepares a possible ground invasion

Thousands of Palestinian residents of the northern Gaza Strip fled their homes on Sunday and sought safety in UN shelters, heeding warnings from the Israeli military about impending plans to bomb the area in the sixth day of an offensive against Hamas that has killed more than 160 people.

The fighting showed no signs of slowing, despite international calls for a ceasefire and growing concerns about the mounting civilian death toll in Gaza. U.S. Secretary of State John Kerry spoke to Israeli Prime Minister Benjamin Netanyahu and voiced "readiness" to help restore calm, while Egypt, a key mediator between Israel and Hamas, continued to work behind the scenes.

Amid the diplomacy, Israel said it was pushing forward with preparations for a possible ground invasion of Gaza. Thousands of troops have massed along the border in recent days.

"We don't know when the operation will end," Netanyahu told his cabinet on Sunday. "It might take a long time." THE ASSOCIATED PRESS

Harper weighs in

Terrorists are deliberately placing people in the path of an Israeli offensive aimed at stopping rocket attacks from Gaza, says Prime Minister Stephen Harper. Harper says there is evidence that Hamas is using human shields. THE CANADIAN PRESS

FREEDOM LOOKS GOOD ON YOU.
Begin a new journey this summer without glasses or contacts.
Book a free consultation at 1-877-663-9888 or lasikmd.com
LASIK MD VISION
Starting at $490 per eye*

*Prices are subject to change without prior notice and vary based on prescription strength. Only applicable on a procedure for both eyes. Other conditions may apply.

FLIGHT CENTRE®

The Airfare Experts

All advertised prices include taxes & fees.

Runways, Highways & Hotel Stays

BONUS up to $150* hotel credit!

Book a fly and drive vacation for 3 or more days to anywhere in the world and receive up to $150* credit towards your hotel stay.

Canada & USA Flights

San Francisco

$299 from

Travel Aug 19 – Aug 26

Los Angeles Travel Aug 13 – Aug 20	from $289
Calgary Travel Aug 4 – Aug 11	from $345
Honolulu Travel Sep 3 – Sep 10	from $455
New York Travel Aug 12 – Aug 19	from $555
Toronto Travel Aug 13 – Aug 20	from $565
Montreal Travel Aug 19 – Aug 27	from $575

International Flights

London

$909 from

Travel Sep 10 – Sep 15

Business class from $3225.

	Economy from	Business from
Cancun Travel Sep 3 – Sep 10	$499	$1049
Bangkok Travel Sep 4 – Sep 25	$999	$3199
Hong Kong Travel Sep 3 – Sep 17	$1019	$2889
Paris Travel Sep 7 – Sep 12	$1025	$3925
Sydney Travel Oct 18 – Oct 31	$1579	$4659

We have deals you won't find anywhere else!

Canada & USA

Las Vegas

Flights + 3 Nights

$295 from

INCLUDES accom on the Strip.
UPGRADE to 4-star accom from $349.
UPGRADE to 5-star accom from $505.

Whistler

2 Nights + Canoe Trip from $299pp

INCLUDES accom in the Village and Twilight Wildlife Canoe Trip.

Anaheim Family Special

Flights + 5 Nights from $439◊

INCLUDES accom at a newly renovated hotel near theme parks. Price per person based on family of 4. **ADD** *Disneyland* Resort 3-Day *1-Park Per Day* Ticket from $255/adult, $245/child (ages 3-9). **BOOK** this package based on double occupancy from $495.

United Kingdom

London

Flights + 2 Nights + Tour

$1285 from

INCLUDES flights and first 2 nights central accom.
BONUS Buckingham Palace state rooms tour included. **ADD** London Eye ticket from $35.

All-inclusive Packages

Riviera Nayarit

7 Nights 4-Star

$759 from

UPGRADE to 4.5-star accom from $849.

Los Cabos 7 Nights 4-Star from $829
UPGRADE to 4.5-star accom from $909.

Riviera Maya 7 Nights 4-Star from $865
UPGRADE to 4.5-star accom from $965.

California

Gorgeous Golden State

Flights + 7-Day Car

$489 from

INCLUDES flights to San Diego, return from San Francisco and 7-day car rental with unlimited mileage to explore California's Pacific Coast. **BONUS** $100* hotel credit and 1-day FREE* car rental. **ADD** 3.5-star San Diego accom from $75 per night.

Drive to Malibu and go to the Carbon Beach Club. It's right on the beach with a stunning view and great food.

EXPERT TIP

Boston New England Explorer

Flights + 4-Day Car from $515

INCLUDES 4-day car rental with unlimited mileage. **BONUS** $50* hotel credit and 1-day FREE* car rental. **ADD** 3-star Boston accom from $179 per night.

Visit the Yale Center for British Art, one of the best collections of British works outside the UK.

EXPERT TIP

Alberta Rocky Mountain Adventure

Flights + 5-Day Car from $519

INCLUDES 5-day car rental with unlimited mileage to explore the Canadian Rockies. **BONUS** $50* hotel credit and 1-day FREE* car rental. **ADD** 3-Star Calgary accom from $75 per night.

This drive offers great opportunities for wildlife viewing and photography so keep your eyes peeled!

EXPERT TIP

Oahu

Off-Road, Flights + 4-Day Jeep

$565 from

INCLUDES 4-day Jeep rental with unlimited mileage. **BONUS** $50* hotel credit and 1-day FREE* car rental. **ADD** 3.5-star Waikiki Beach accom from $75 per night.

Grab some shaved ice from the famous Matsumoto Shaved Ice on the North Shore and watch some surfers!

EXPERT TIP

Route 66 West Western Wander

Flights + 5-Day Car from $679

INCLUDES flights to Albuquerque, return from Los Angeles and 5-Day car rental with unlimited mileage. **BONUS** $50* hotel credit and 1-day FREE* car rental. **ADD** 4-Star Albuquerque accom from $236 per night.

This route will take you by some of the USA's greatest outdoor attractions such as the Grand Canyon, the Mississippi River and Arizona's Painted Desert.

EXPERT TIP

Germany Autobahn Adventures

Flights + 7-Day Car from $1299

INCLUDES 7-day car rental with unlimited mileage. **BONUS** $100* hotel credit and 1-day FREE* car rental. **ADD** 4.5-star Frankfurt accom from $125 per night.

If you want to enjoy good food while travelling on the Autobahn, bring your own! Food at rest stops is unappealing and expensive.

EXPERT TIP

Cruise

Bahamas 4-Night Cruise

$299 from

Cruise roundtrip Miami and visit Grand Bahama Island, Nassau and Great Stirrup Cay.

Europe

Europe 9-Day Tour

$1269 from

HIGHLIGHTS Berlin, Dresden, Prague and Vienna. Travel Berlin to Vienna.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!

flightcentre.ca
More great deals online!

Visit us in store.
170 stores across Canada.

1 866 317 0953
24/7
950 Airfare Experts across Canada.

*Conditions apply. Ex: Vancouver. ‡Ex: Bellingham. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price is per person for quad occupancy (2 adults & 2 kids ages 2-17) for total length of stay unless otherwise stated. *For full terms and conditions, please speak with your Flight Centre consultant or visit flightcentre.ca/fly-drive-deals. †We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #H02790*

Casualties mount over weekend as Ukraine continues onslaught

Under siege. Military uses airstrikes, artillery fire to battle pro-Russian insurgency in the east

A man looks out the window of his apartment, damaged by shelling, in Slovyansk, eastern Ukraine on Sunday. EVGENIY MALOLETKA/THE ASSOCIATED PRESS

Russia's foreign ministry said Sunday that a Ukrainian shell hit a Russian border town, killing one person and seriously injuring two others. Ukraine denied firing a shell into Russian territory.

President Vladimir Putin expressed "grave concern" over the incident, Russian news agencies quoted his spokesman as saying. A statement from Russia's foreign ministry labelled the event a "provocation" and warned of the possibility of "irreversible consequences, the responsibility for which lies on the Ukrainian side."

Russia said the shell hit the courtyard of a residential building in the Russian town of Donetsk — near the Ukrainian city of the same name that has become a rebel stronghold — early on Sunday. Ukraine's restless east has been mired in a pro-Russian separatist insurgency against the Kyiv government.

Ukrainian officials denied that any Ukrainian shells had fallen on Russian territory. Andriy Lysenko, a spokesman for Ukraine's National Security and Defence Council, placed blame for the attack on the rebels themselves.

Ukraine's Donetsk, where rebels have gathered to regroup after a major Ukrainian offensive last week, was quiet on Sunday. But some 150 people from the settlement of Maryinka, on the outskirts of the city, were moving into dormitories at a local university after their homes were bombarded during the night.

Artillery fire in Maryinka late on Friday left at least four people dead, but the number of casualties in the latest bombing was unclear.

Ukrainian defence officials said Sunday that the air force had performed 16 sorties and carried out five airstrikes on rebel positions over Saturday.

Interfax-Ukraine cited Lysenko on Sunday as saying that several dozen rebels had been killed and rocket launchers and armoured vehicles destroyed in the attacks. He also said that seven servicemen had been killed and 30 wounded in the past day.

THE ASSOCIATED PRESS

Quoted

"We were bombed so terribly.... They blew up our houses."

Refugee Svetlana Panteleyeva, one of 150 people forced to move into the dormitories of Donetsk University early Sunday morning after their homes in Maryinka were bombarded

Quebec announces additional $60 million for Lac-Megantic

This July 6, 2013 file photo shows smoke rising from railway cars carrying crude oil after derailing in downtown Lac-Megantic, Quebec. THE ASSOCIATED PRESS

Quebec is granting an additional $60 million to compensate victims of last year's catastrophic train derailment in Lac-Megantic, which left 47 people dead.

Municipal Affairs Minister Pierre Moreau told a news conference that $37 million of the amount would go to the owners of businesses in the disaster area.

A large swath of Lac-Megantic's downtown was destroyed when a runaway train loaded with volatile fuel oil jumped the tracks and exploded.

The government says it heard the complaints of those affected by the disaster in the town of 6,000 and wanted to bring some balance to the treatment of their cases.

Business owners had complained they weren't getting help fast enough.

Moreau says there will be meetings this week with 37 business owners and that the compensation is available now.

There will be incentives offered to owners who want to rebuild their businesses in Lac-Megantic.

Moreau says if they wish to leave the area, they will be compensated for their sites based on fair market value. To this day, much of the damaged downtown remains off-limits as decontamination work continues.

THE CANADIAN PRESS

Battle over safety regulations

A string of fiery train derailments has triggered a high-stakes and behind-the-scenes campaign to shape how government responds to calls for tighter safety rules.

- Billions of dollars are riding on how these rules are written, and lobbyists from the railroads, tank car manufacturers and the oil, ethanol and chemical industries have met more than a dozen times since mid-May 2014 with officials at the White House and the U.S. Pipeline and Hazardous Materials Safety Administration. Their universal message: don't make us pay for increased safety — that's another industry's problem.

Costa Concordia to be towed from island

This 2012 file photo shows the luxury cruise ship Costa Concordia leaning on its side after running aground on the tiny Tuscan island of Giglio, Italy. Franco Gabrielli, who heads the Civil Protection Department overseeing the wreck's removal, told reporters on Giglio Island on Sunday that weather conditions are good enough to permit the start of operations to re-float and tow the Concordia to Genoa on the mainland for scrapping. He also promised that a search will be conducted for the only unrecovered body of the 32 Costa Concordia shipwreck victims. GREGORIO BORGIA/THE ASSOCIATED PRESS

Colorado

Lightning responsible for two separate deaths over weekend in national park

For the second day in a row, lightning has been blamed in the death of a visitor to Colorado's Rocky Mountain National Park.

Park spokeswoman Kyle Patterson says officials were notified Saturday of four people being struck by lightning near Trail Ridge Road.

The four were rushed to hospital, but 52-year-old Gregory Cardwell of Scottsbluff, Neb., died of his injures.

On Friday, park officials said lightning killed one woman, 42-year-old Rebecca R. Teilhet, and injured seven other people. That also occurred near Trail Ridge, which is the highest continuously paved road in the United States. THE ASSOCIATED PRESS

Race to your nearest Honda dealer for savings.

Honda leads the way with features & innovations, safety and value for money.

Honda CHECKERED FLAG EVENT

2014 CR-V LX

Lease for **$67**Ω **1.99% APR¥** **$0 down**· ‹or› **$2,500** cash purchase incentive† on select other 2014 models

Weekly on a 60 month term with 260 payments.
MSRP $27,685** includes freight and PDI

Model: RM3H3EES

Standard features include:

- HandsFreeLink™ Bluetooth®
- intelligent Multi-Informational Display (i-Mid)
- Multi-angle rearview camera
- Sunroof

Model: GE8G2EEX

2014 FIT DX

Lease for **$34**£ **0.99% APR€** **$0 down**‡

Freight and PDI included.
Weekly on a 60 month term with 260 payments.
MSRP $16,130** includes freight and PDI

Features available on select models:

- 60/40 Split 2nd-Row Magic Seat® (standard)
- 6 airbag system (standard)
- HandsFreeLink™ Bluetooth®
- 6-speaker sound system

2014 CIVIC DX

Lease for **$39*** **0.99% APR#** **$0 down**‡

Freight and PDI included.
Weekly on a 60 month term with 260 payments.
MSRP $17,185** includes freight and PDI

Features available on select models:

- ECO Assist™ and ECON mode (standard)
- Display Audio system with 7" touch screen
- LaneWatch™ blind spot display
- Multi-angle rearview camera
- Proximity key entry with pushbutton start

Model: CR2E3EE

HONDA

bchonda.com

†$2,500 cash purchase incentive is available on select other 2014 CR-V models (LX AWD, EX, EX-L and Touring). Honda cash purchase Incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. ‡In order to achieve $0 down payment, dealer will cover the cost of tire/battery tax, air conditioning tax (where applicable), environmental fees and levies on the 2014 CR-V LX, Accord LX, Civic DX and Fit DX only on behalf of the customer ΩLimited time weekly lease offer based on a new 2014 CR-V LX 2WD model RM3H3EES. ¥1.99% lease APR on a 60 month term with 260 weekly payments O.A.C. Weekly payment, including freight and PDI, is $66.84 based on applying $1,625.00 lease dollars (which is deducted from the negotiated selling price before taxes). Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $17,378.40. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometers. *Limited time weekly lease offer based on a new 2014 Civic DX model FB2E2EEX. #0.99% lease APR on a 60 month term with 260 weekly payments O.A.C. Weekly payment, including freight and PDI, is $38.91 based on applying $1,075.00 lease dollars (which is deducted from the negotiated selling price before taxes). Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $10,116.60. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometers. £Limited time weekly lease offer based on a new 2014 Fit DX model GE8G2EEX. €0.99% lease APR on a 60 month term with 260 weekly payments O.A.C. Weekly payment, including freight and PDI, is $33.83 based on applying $1,150.00 lease dollars (which is deducted from the negotiated selling price before taxes) and $1,000.00 consumer incentive dollars (which is deducted from the negotiated selling price after taxes). Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $8,795.80. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometers. **MSRP is $16,130 / $17,185 / $27,685 including freight and PDI of $1,495 / $1,495 / $1,695 based on a new 2014 Fit DX model GE8G2EEX / new 2014 Civic DX model FB2E2EEX / 2014 CR-V LX 2WD model RM3H3EES. License, insurance, registration and taxes are extra and may be required at the time of purchase. ¥/£/€/Ω/#/* Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer on the 2014 CR-V LX, Accord LX, Civic DX and Fit DX only. ‡/#/*/Ω/€/¥/£/** Offers valid from July 1st through 31st, 2014 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

U.S. town rallies to rehire fired gay police chief

Latta, S.C. Mayor denies he axed Crystal Moore because of her 'questionable' lifestyle

When openly gay police chief Crystal Moore was fired by a mayor who condemned her lifestyle as "questionable," she feared her two-decade career in law enforcement in Latta, S.C., was over.

Then the conservative small town rebelled.

The people of Latta, who eight years ago voted overwhelmingly for a state amendment banning gay marriage, turned against the mayor and stripped him of his powers. Then the town council rehired Moore, saying her dedication to the town mattered more than her sexual orientation.

Latta Police Chief Crystal Moore.
JEFFREY COLLINS/THE ASSOCIATED PRESS

Residents remembered Moore's civic spirit from as far back as 1989, when Hurricane Hugo tore through Latta. She was a high-school student working part time as a police dispatcher and helped cut downed tree limbs to clean up the debris. This February, when an ice storm crippled the town and left it without power for days, Moore piled her officers in her SUV and checked on as many people as she could.

Mayor Earl Bullard vehemently denied that he fired Moore because she was gay. Instead, he said she was dismissed for "sheer insubordination" during the three months he was her boss.

Moore said she hadn't received a single reprimand during her career until Bullard presented her with seven the day she was fired in April.
THE ASSOCIATED PRESS

Activists hold pride parade in Kolkata

LGBT activists hold a rainbow flag as they participate in the Rainbow Pride rally in Kolkata, India, on Sunday.
BIKAS DAS/THE ASSOCIATED PRESS

Indiana

Bus crash with car leaves one dead

A Greyhound bus headed from St. Louis to New York City collided Sunday morning with a car on an eastern Indiana highway, killing one person and injuring at least 18 others. The bus was carrying 24 passengers and the driver.
THE ASSOCIATED PRESS

NASA

Cargo ship heads for space station

A commercial cargo ship rocketed toward the International Space Station on Sunday, carrying food, science samples and new odour-resistant gym clothes for the resident crew. It is Orbital Sciences Corp.'s third delivery for NASA. THE ASSOCIATED PRESS

Missing motorcyclist

Search leads to Mexico beach town

U.S. and Mexican officials are to determine whether a body found near the beach town of Playa La Majahua is that of Harry Devert, 32, a New York man who was last seen riding his motorcycle to Brazil for the World Cup.
THE ASSOCIATED PRESS

Need help finding your way?
Try a path in retail.

Search the most jobs from Canada's top retailers.

Retail jobs are now in season. With over 3,000 job listings available in our Retail Career Centre, shopping around for your next opportunity has never been easier. It's what makes Workopolis Canada's number one job site.

workopolis.com #workopolis

WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending May 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

Smartphone to replace the bank teller?

A smartphone user checks a bank account with an online banking app from CIBC in this 2011 file photo. Smartphones are set to be the next big thing in consumer banking, holding the promise of everything from fewer trips to the local bank branch or ATM to the convenience of tap-and-go payments at retail outlets. Many expect there will be an even bigger jump in usage if the banks, merchants and telecom companies can figure out a better way for customers to make purchases with their smartphones by tapping a retail terminal at the counter. THE CANADIAN PRESS

Can BlackBerry rise from the ashes?

HOW TO ROLL
Alison Griffiths
metronews.ca

Is the BlackBerry phoenix rising from the ashes — or perhaps is the recent show of share-price strength merely a puff of smoke from a dying fire? The five-year high of $12.01 on July 5 gave investors renewed hope that there may be life left in Canada's once-favourite tech stock.

Just to recap (while rubbing salt in the wounds of those who bought BlackBerry in the pre-recession years and still own it), the cellphone maker was trading at $148 in mid-2008. Five years later, it had slid to just over six bucks.

If you look at a short-term chart, it has been a jolly though volatile ride to a nearly 50 per cent increase in the past year. BlackBerry is also outperforming Google, Samsung and the Nasdaq itself in the first half of 2014. Bully for those who took the chance last summer.

But back to the smouldering ruins of this formerly great company. Is there any real reason to buy now or, for that matter, to hold? The latter is a particularly important question for investors who have made a nice gain in the last few months.

If there is hope for BlackBerry, it likely lies in one place: software.

Wait a minute! BlackBerry's claim to fame has always been hardware; it's the the phone that U.S. President Barack Obama loves.

But all of BlackBerry's post-recession failures have been in hardware.

From last year's delayed Z10 phone to the PlayBook tablet all the way back to the Bold phone — which the iPhone quickly stomped into oblivion — it has been hardware that keeps tripping up BlackBerry.

Though the new, very square (literally) BlackBerry Passport smartphone is launching in September, CEO John Chen is racing to dominate the Internet of Things with software that will seamlessly connect your entire life to the Internet. He has made a number of moves in that direction since taking over the helm last November.

Aside from anything else, if Chen is even marginally successful and manages to staunch BlackBerry's cash bleed, he will turn the company from a short seller's delight into a takeover target.

Canada Revenue Agency. New hotline to snitch on offshore tax cheats is a hit

The Canada Revenue Agency has 80 new leads on taxpayers who may be hiding money offshore after getting hundreds of calls on its new snitch line.

The flush of information has even the agency's harshest critics acknowledging the initial success of the hotline, established Jan. 15 to help ferret out billions of dollars stashed overseas.

The so-called OTIP line — for Offshore Tax Informant Program — was promised in the March 2013 budget but took 10 months to set up.

As of May 31, more than 800 people rang the number, drawn by a cash reward system that gives the tipster up to 15 per cent of the amount in taxes that the agency eventually collects.

Only 251 of those calls were actual informants, and only 100 went to the next required step, filing a written submission identifying themselves and providing detailed information on the alleged overseas tax evasion.

The agency closed 20 of those written files as dead ends, but is pursuing the remainder.

Details of the program's first few months were obtained under the Access to Information Act, supplemented by information provided directly by the Canada Revenue Agency.

"I've been surprised, pleasantly surprised," said Jonathan Garbutt, a Toronto tax lawyer who has been a vocal critic of the way the program was established.

"I'm not ... as pessimistic as I was," he said in an interview, adding that at least two of the tipsters have become his clients, and other potential offshore whistleblowers are consulting him.

The program is modelled on a U.S. counterpart that is much more generous, offering rewards as high as 30 per cent, for example.

THE CANADIAN PRESS

Quoted

"I've been surprised, pleasantly surprised."

Jonathan Garbutt, a Toronto tax lawyer who has been a vocal critic of the way the program was established

China

30% of new government cars to use clean energy

At least 30 per cent of newly purchased government cars will be electric and other types of "new energy vehicles," China's official news agency reported Sunday, as the country attempts to tackle air pollution and encourage the electric car market.

A joint plan calls for about a third of cars bought for state use from 2014 to 2016 to rely on clean energy, and the percentage will be raised over time, the Xinhua News Agency said.

THE ASSOCIATED PRESS

127 years total

Iran sentences eight Facebook activists to prison

Iran's official news agency is reporting eight Facebook page administrators have been handed jail sentences from eight to 21 years.

The report by IRNA says the defendants are convicted of plotting against national security, spreading propaganda against the ruling system and insulting officials.

It did not identify the defendants or the Facebook pages.

THE ASSOCIATED PRESS

EVER FOREX
BEST EXCHANGE RATES GUARANTEED!
• Money Exchange
• Worldwide Money Transfer
• 24*7 Online Trading
Live Rates: everforex.ca • Toll Free: 1 800 699 4816
LOCATIONS IN VANCOUVER, RICHMOND, BURNABY, SURREY, MARKHAM, TORONTO & WORLDWIDE

LOVING FAMILY DENIED FOSTER CHILD

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

Apparently, it's still OK to discriminate against same-sex couples in British Columbia.

Even if one of those couples is a member of legislative assembly.

Spencer Chandra Herbert, the provincial NDP environment critic, found that out this week when he and his partner (the Chandra side of the marriage) were denied a foster child because the birth mother's "extended" family didn't want the baby to be raised by a gay couple.

Whoa. It's bad enough that people would turn their backs on a stable and loving family — the Chandra Herberts have been a couple for 14 years — for the baby. It's worse that the provincial government, as represented by the Ministry of Children and Family Development, apparently allows birth families to violate the Charter of Rights and Freedoms.

Why, in this day and age, should anyone be able to discriminate on the basis of sexual preference?

We'll probably never know the details of this case because of privacy rules. And we get that there's an emotional dimension to foster parenting and adoption, especially for the mother of the political football. But even Mom doesn't get to violate the Charter. And various courts have ruled that sexual orientation is protected by Section 15, sub-section 1:

"Every individual is equal before and under the law and has the right to the equal protection and equal benefit of the law without discrimination and, in particular, without discrimination based on race, national or ethnic origin, colour, religion, sex, age or mental or physical disability."

I don't want to get all legal, but here's the point: if the Charter ensures the right of LGBTQ people to get married, then it also ensures their right to foster children or adopt them, regardless of what the birth mother's "extended" family thinks.

Meanwhile, there are 1,000 kids in B.C. waiting to be adopted, according to the indomitable Mary Ellen Turpel-LaFond, B.C.'s representative for children and youth. I'm sure they'd rather have two dads or two moms than none. Since the law was changed in 1996, there have been 150 kids placed with same-sex couples. Note: there are no numbers for same-sex couples who have been denied a child through the intervention of "extended" families.

I keep putting quotes around "extended" because it's a euphemism for Grandpa (or Grandma) Redneck, who shouldn't enjoy the twin privileges of authority and anonymity.

It's just weird that the provincial government allows this to happen, yet everyone, even Chandra Herbert, not known for his tolerance of prejudice, seems prepared to live with it. He and his partner vow to continue waiting for the right match.

But we're all left wondering just how much discrimination determines that match. It's time to remind ourselves that our society is supposed to be based on inalienable civil rights, not the errant notions of a few "extended" family members.

WE ACT: CANADA DOES GOOD

'Lots of littles make a big' for volunteer

Each month, we profile a Canadian who's up to a whole lot of good. Here's one we'd like you to meet:

Who: Michelle Gabrielle, dedicated volunteer

Where: Halifax, N.S.

What: Every month, Gabrielle chooses a charity, asks for their wish list and then passes the list around to her family, friends and co-workers. In this year alone, she has collected donations for Out of the Cold, an orphanage in the Dominican Republic, My Best Friend's Closet, Hand in Hand, Phoenix House and Family SOS. She also finds time to volunteer at the St. George's Soup Kitchen on a weekly basis and donated clothing and toys this past holiday season. She even gave away the boots off her feet.

Why did you start volunteering? "My mom would knit mitts if she had the extra yarn — which wasn't very often — for our equally poor neighbours. She taught me to remember what we came from, and I hope that I never lose that."

What do you like about volunteering at the soup kitchen? "I get first-hand access to helping people, which is wicked because they tell me what they need. They'll say, 'I need boots or shoes, I need a raincoat or I need a place to live.' It's a first-hand connection."

Volunteer Michelle Gabrielle has a special talent for making wishes come true. CONTRIBUTED

Persistence

"I could do this forever. I don't want to be the person that *used* to do nice things."

Michelle Gabrielle, Halifax-area do-gooder, on what keeps her going

What inspires you to keep going? "I could do this forever. I don't want to be the person that *used* to do nice things — I want to be the person who's going to go out and do them no matter what life brings."

What advice would you give to people who want to follow your example? "If you keep it simple, it'll grow. Lots of littles make a big."

CRAIG AND MARC KIELBURGER

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...

DOWNLOAD METRO NEWS APP

FILL SCREEN WITH IMAGE TO SCAN

METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on page 13 in Scene and page 18 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

metro AR

MetroTube

Plants have 'feelings' too

ANDREW FIFIELD
andrew.fifield@metronews.ca

From the We Guess Nothing Likes To Be Eaten file, researchers at the University of Missouri have determined that some plants can hear when animals are munching on them and will go on the defensive.

The team has released a video report on how they came to figure out the defensive techniques of flora, so you, too, can get intimate with the terrifying sound of a hungry caterpillar.
(MU News Bureau/Vimeo)

SCREENGRAB

metro

Star Media Group President John Cruickshank • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Mark Finney • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

Ebooks

Atlas Shrugged in an Amplified Edition

By. Ayn Rand

iPad

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Beautifully presented, this enhanced study guide edition of Rand's industrial thriller expands on its underlying philosophy with notes, quotations, videos, interviews, a biography, and a timeline. It's helpful in understanding the book's theories on capitalism and altruism, but neglects to explore its colourful characters and captivating battles. Whether you buy into Rand's beliefs or not, it's still an entertaining novel.

Apes franchise

Monkey business boosts box office

Dawn of the Planet of the Apes thumped its chest with a $73 million opening weekend. According to studio estimates Sunday, Fox's Planet of the Apes sequel rode excellent reviews and high anticipation to become one of the summer's best debuts. The big opening helped give the summer box office a shot in the arm, but it wasn't enough to stop an overall downward trend. The weekend's box office was down nearly 24 per cent from the corresponding weekend last year.

THE CANADIAN PRESS

Better Call Saul shows world before Walter White

Spinoff prequel.
Bob Odenkirk plays slippery lawyer Saul Goodman

Vince Gilligan is feeling the weight of expectations. How do you follow a monster hit like Breaking Bad?

The spinoff show Better Call Saul is a prequel to the Emmy-Award winning series and stars Bob Odenkirk, who plays everyone's favourite greasy lawyer Saul Goodman. Asked whether revisiting the same world he created posed new challenges, Gilligan acknowledged it was daunting.

"It's always daunting," he said, adding that it would also be a challenge if it were a completely new show and a whole new universe.

"The chips will fall where they may," he said. "But anything worth doing is worth taking the risk of abject humiliating failure over."

Gilligan was speaking at a television critics conference in Los Angeles to promote the upcoming fall season.

Gilligan said he wanted to do a prequel because he was still intrigued by the slippery Saul character. He said other beloved characters, such as meth distributor Gus Fring (played by Giancarlo Esposito) could be back as well.

"We're figuring out just how, if and when to perhaps see some of these characters," says Gilligan.

Meanwhile, the prequel will be set in 2002, before Saul meets Walter White, who is played by Bryan Cranston.

Bob Odenkirk as Saul Goodman in Better Call Saul. CONTRIBUTED

"We never completely nailed down when Breaking Bad took place," says Gilligan. "We tried hard on Breaking Bad if you noticed, not to be too specific as to when it was, but now we have to kind of be a little more specific than sometimes we're comfortable with. But I think we're about in the year 2002."

Michael McKean (This is Spinal Tap) joins the cast along with Michael Mando (Orphan Black) and Jonathan Banks from Breaking Bad as the fixer Mike Erhmantraut.

Like Breaking Bad, the show is shot in Albuquerque, N.M. The first episode was directed by Gilligan.

TORSTAR NEWS SERVICE

AUGMENTED REALITY

→ What can fans expect from Better Call Saul? Scan this photo with your Metro News app to hear what Vince Gilligan has to say.

metro AR → See the full instructions on Metro's Voices page.

Coming in 2015

The show was originally slotted for November, but has now been delayed until 2015 for the 10-episode first season.

- The reason? Gilligan told television critics he is "slow-as-mud as a TV writer. I always have been."
- Thankfully, AMC and Sony allowed Gilligan to write Better Call Saul at a "stately" pace.
- "We want to think everything through and I think that pays dividends," says Gilligan.

SCENE

Noel Clarke

Noel Clarke shoots for the stars

Former Doctor Who co-star Noel Clarke has his sights set on the Star Wars franchise next, and personally he likes his odds of landing a role, according to the Belfast Telegraph. "I know that they've got three main films happening over the next five or six years, and they have one spinoff film in between each one, so I've got five chances to get in one — that's all I'm concerned about," says Clarke, who worked with new Star Wars director J.J. Abrams on Star Trek Into Darkness previously. "I want to be in one at some point, and so if I can do that, I'll be happy. I'll be a granddad by that time, but if I can get in one, I'll be chuffed."

Tracy Morgan sues Wal-Mart over accident

Tracy Morgan is out of the hospital and ready to go to court. The still-recovering Morgan is suing Wal-Mart over the horrific car accident that left him with broken ribs, a broken nose and a broken leg and took the life of fellow comedian James McNair, according to Radar Online. Morgan's bus was struck by a Wal-Mart truck driven by Kevin Roper, and the discount retail giant's negligence "was a substantial contributing factor in causing plaintiffs' injuries," the lawsuit states, adding that Roper, who was driving 20 miles over the speed limit at the time, should not have been allowed to drive for nearly 10 hours at Wal-Mart's behest after being awake for more than 24 hours. Representatives for Wal-Mart responded with a statement, calling the crash a "terrible tragedy" and stating, "We are deeply sorry that one of our trucks was involved. As we've said, we're co-operating fully in the ongoing investigation. We know it will take some time to resolve all of the remaining issues as a result of the accident, but we're committed to doing the right thing for all involved."

Laser Nail Fungus Treatments

- Clear Nails in a Few Pain Free Treatments
- Improve the Appearance of Infected Nails
- No Recovery Downtime. Wear Socks, Shoes & Even Nail Polish Right After Treatment!

1st Treatment $249 + save 10% with this ad!

604-255-2737
www.ElectraLaserHairRemoval.com
L12 - 955 Hornby St. Vancouver

ELECTRA LASER
HAIR REMOVAL & SKIN REJUVENATION EXPERTS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Katie Holmes is a lover of literature

STARGAZING
Malene Arpe
scene@metronews.ca

Nick Cannon may be playing Richard Pryor in an upcoming biopic. That's an excellent choice. It will make a great double-bill with Ryan Seacrest's expected gritty turn as Lenny Bruce.

BBC publishes a public plea for people not to share the contents and secrets of five Doctor Who scripts leaked to the web. That was the right and well-considered thing to do, because without that plea I wouldn't have known to go look for those scripts.

Katie Holmes says that the favourite books of her childhood were J.D. Salinger's Franny and Zooey and The Catcher in the Rye and Somerset Maugham's Of Human Bondage as well as all Maya Angelou's work. However, when she turned eight, she put aside childish things and spent a day or two reading Ulysses.

This week in cats 1) Andrew Lloyd Webber is reviving Cats again, this time with Rum Tum Tugger as a "rapping street cat." 2) Ke$ha says "I've always wanted to have a cult; I think I could be a pretty good cult leader, basically. I'm sorry, I do. So I'm going to start a cult and people can be in it if they like to be cats or play with cats or play with cat toys." 3) Katy Perry's new perfume ad features her as an avenging warrior spritzing an evil emperor with her new fragrance, Killer Queen's Royal Revolution, until he turns into a kitten.

Zac Efron and Michelle Rodriguez are photographed making out and Joe Manganiello and Sofia Vergara are dating. Finally, finally, finally something goes right for attractive people.

Jessica Simpson gets married at last, but reportedly completely flubs her vows. Much like the rest of us, she has no idea what her husband's name is.

Sharon Stone

No butts about it, Sharon Stone is one feisty lady

Sharon Stone is a national treasure, if for no other reason than how she talks about her butt. The stunning 56-year-old recently told E! News that even though she's in great shape, going on vacation has her feeling nervous about her body. "I haven't worked out in a couple of months because I just didn't feel like it. But now I'm going on vacation and I know what they're going to do. (The tabloids) are going to put a circle around my ass and do one of those crazy magnified pictures saying, 'What happened to her ass? It's a bag of cheese,'" she laments. "I would just like to say it's a fine triple crème brie! Right when they zoom in I should have a tattoo on my ass that says, 'You wish you could get a bite of this.'"

Orange fans seeing red over satire site's faux report

Don't worry, Orange is the New Black fans: Your favourite show about women in prison hasn't actually been cancelled. A site that's apparently supposed to specialize in satire called Empire News posted a story over the weekend that Netflix had cancelled the Emmy-nominated series, which is currently filming its third season. Naturally, fans online freaked out, because that's what going online is for. I guess everyone was supposed to know it was a hoax because of this patently ridiculous quote at the end of the article attributed to Netflix CEO Reed Hastings: "A woman's place is in the home, in the kitchen, taking care of children. A woman in jail? How does anyone watch this show in the first place?" That's ... just not good, even as satire. Hey, Empire News? You're doing it wrong.

Twitter

@MarlonWayans
Truth be told I'd rather work than party.

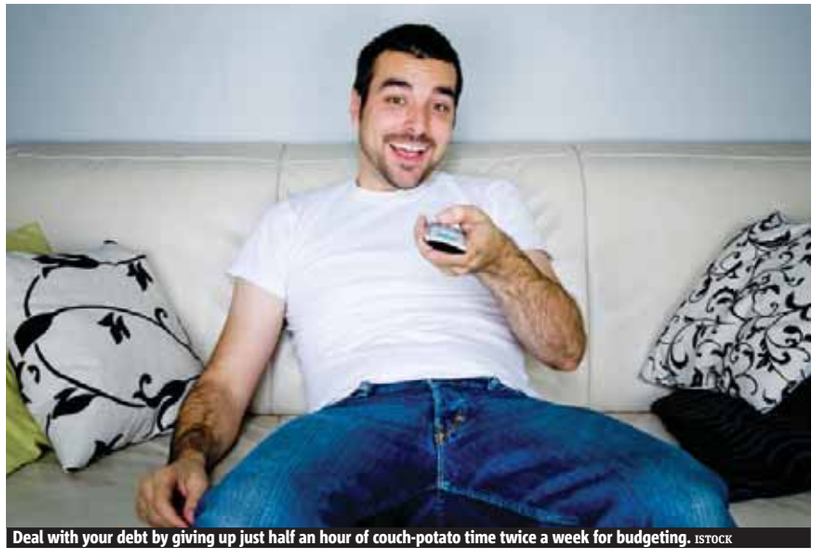
@katyperry
I love pita chips!

@mindykaling
If my body looked that good I would not be that embarrassed of my sex tape

Poor excuses for staying in debt

Bad with money?
There are no good reasons for not getting yourself out of debt

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com


Deal with your debt by giving up just half an hour of couch-potato time twice a week for budgeting. ISTOCK

Every time I think I've heard it all, someone pops up with a new way to excuse the fact that their money management is in the crapper. Here are some of my faves:

We got a consolidation loan and paid off our credit cards, so we're doing better.
Really, you paid off your debt with other debt? That's not paid off, my little chickadee — that's delusional.

Consolidation makes sense when you reduce your interest costs and then work aggressively to repay the debt. But if you're sitting back smugly because you've reduced your payments so you have more money to spend on rubbish, I want to reach out and slap you.

Consolidating using a mortgage is one of the more time-honoured ways of making debt more expensive over the long term. Lots of people consolidate using the equity in their homes. Then they pretend that everything is OK, because now it's "mortgage debt" and that's good debt, isn't it? Hey, tell the truth. It's still consumer credit; it's just been shuffled to somewhere you don't have to look at it. And believe me, it's costing you.

I worked with one couple who re-mortgaged their home three times to cover their uncontrolled overspending. Over the life of their mortgage, they had increased their interest costs from about $150,000 to almost $600,000.

Sure it's a lot of debt, but hey, everybody's in debt, so what's the big deal?
And if everyone were running screaming off the side of a cliff, you'd do that, too, right?

There's no question that debt has become so commonplace that it seems like everyone's in it. And if you grew up in a family that had it all, including the debt, you may think this is "normal." I worked with one couple that was so comfortable with their debt that they had never made a mortgage payment from cash flow. Every single mortgage payment had come from their line of credit.

If debt seems like a normal state of being for you, it means you have to change your thinking. Debt is not normal for someone who is financially healthy. You can make the choice to remain delusional, or you can choose financial stability. The old way may be more fun, at least in the short term, but the new way will keep you and your family safe and sound.

I don't have time to budget.
Really, your most important resource and you don't have the time to manage it? Could it be that your priorities are a little skewed?

On average we spend about three hours every day watching TV. So you only need to reallocate a measly half-hour twice a week to money management to go from being a financial slug to smart about your money.

Close in hand with this goes, "You have to have money to make a budget work." One young lady wrote me to say that her parents had recommended she use a budget and her response was, "You have to have money to make a budget work, right Gail?" Believe it or not, she was asking *me* to tell her a budget was pointless. Really?

Sadly, people don't think that all that dough they bring in that goes to paying the rent or buying food is "money." For them, only the stuff they can spend indulging their whims is "money." And so they don't make a budget and look for ways to trim. Or perhaps it is because if they made a budget, they would discover just how much money they were blowing every month on stuff, and would have to change their behaviour. Lord forbid!

My partner is the problem.
I've met couples where one person is the major culprit in acquiring debt. The other person stands meekly by as Mr. or Mrs. I-have-to-have-everything charges them into a debt whole. They shrug and claim to have no ability to change their partner's behaviour. Here's my big question: Is this the way you're going to live the rest of your life, walking a tightrope, waiting for the axe to fall? And if you have children, do you think this is creating any sense of security for them?

For as many couples that I've met where one partner claims the other is the problem, I've met couples where they are both, in their own inimitable way, doing dumb things. One husband claimed his wife was the problem because she went shopping every day at work during lunch, bringing home items that she'd hide from him. He saw nothing wrong with dropping $10K on a new motorbike. That's a lot of skirts, dude!

If you're still making excuses about why you're *in* debt, maybe it's because you're not yet committed to getting *out* of debt. Some people aren't. They haven't heard the whistle blow that tells them the train is headed straight for 'em.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Here's to not drinking to your health

Giving up even casual drinking could literally do your heart good. ISTOCK

A glass or two of booze is good for your heart, according to long-standing medical advice drinkers are fond of citing.

But, according to a study published last week, this cherished invitation to say "cheers" is well off the mark.

Reducing even light consumption of alcohol will not only improve your chances against coronary heart disease, but also help you lose weight and ease high blood pressure, it said.

Writing in the British Medical Journal, researchers carried out a survey of 50 published studies into the drinking habits and health of more than 260,000 people of European descent.

New study

"Even if you're a light drinker, reducing your alcohol consumption could be beneficial for your heart."
Juan Casas, the professor who led the study

They looked especially at those with a key variant of a gene called ADH1B. Previous research has found that a single change in the DNA code in this gene makes people less sensitive to drink, and thus less at risk from alcoholism.

The study discovered that individuals with the variant drank 17 per cent fewer units of alcohol per week and were 78 per cent less likely to binge-drink than those without it.

They also had a 10 per cent lower risk of coronary heart disease and enjoyed lower systolic blood pressure and body mass index (BMI).

Independent commentators said the study is interesting, not least because it challenges what is now almost dogma. But, they cautioned, the debate is far from over. AFP

Spending tips for new grads

Money. Learning how to budget is imperative for graduates who are out on their own

ZAHRA AHMED
life@metronews.ca

You've managed to make it through college, but there are more responsibilities ahead in your independent adult life, especially financial ones.

Andrea Woroch, a money expert and frequent contributor for The Today Show, breaks down the dos and don'ts for college grads who are just stepping out into the real world.

Don't rip through all those cash-filled envelopes you get after graduating. According to Woroch there are several ways to invest graduation money. If you have a job already, use the money to buy appropriate work attire.

If you're still on the job hunt, make sure you have all the materials you need for an interview, such as an interview outfit and the basics like a resumé and cover letter.

If you already have a job lined up, use the money to pay off a chunk of student loans or credit card debt. It also never hurts to have a backup emergency fund. Establish rules about borrowing money from your parents.

Communication is key. Woroch says to establish that you're actively hunting for a job from the get-go. Be open about your expenses, such as rent or transportation, so your parents know you're not just blowing money on unnecessary things. If you're still living at home, learn how to budget.

"Parents can be really great guides in terms of helping you save money," says Woroch. "I know someone whose mother charged him rent while living at home towards college. It might have been around $300 — not a huge amount — but enough for him to realize that he had to stretch his dollars."

And keep track of your expenses so you can see where all your money goes. A free online money tracking system, such as mint.com, lets you see all your financial accounts in one place. The website uses easy-on-the-eyes pie charts and graphs to show where your money is going every month. Decide which expenses are most important.

Almost everyone needs to have Internet and a cellphone for access to emails, job opportunities and basic communication. What recent college graduates don't need these days is cable service.

"Cut down on TV," says Woroch, who recommends streaming TV shows and movies online. Also, you can save on a cellphone bill if you get a plan with your friends. Consider joining a credit union.

"Credit unions are like a bank, but they are (non-profit) organizations, which means that the money they make goes back to the members," says Woroch. Credit unions have no hidden fees (usually lower if any), offer cheaper rates and higher interest on your savings account than banks. They can also offer lower interest rates on mortgage. "It's a smart place for young college graduates to invest their money and keep it secure, especially considering they may have financial struggles." Don't just accept — negotiate. When applying for positions, do your research to find out what a fair wage is in that job. Always try to negotiate your salary if there's a possibility.

But Woroch advises not to just "look at the money, but at what the position is. Look at your future opportunities with that company." Your best bet is to find an entry-level position at a company that offers upward mobility. Don't just buy what you're used to. Woroch says that one trap recent grads fall into at the grocery store is just grabbing the brands they know and putting them in their cart. When you can, buy the generic option instead of the name-brand one. It will save you money at checkout.

Easy money tips

- Cut down on the electricity bill by unplugging appliances or electronics you're not using. As long as a plug is still in a socket, it's still sucking energy.
- When it comes to buying furniture, save money by looking into things that are used but in good condition.
- Shop smart and avoid buying dry-clean only clothes, as cleaning costs can add up over time.

'Round the world wisdom

Sometimes you hit your "quitting quotient" earlier than expected. ISTOCK

Facing adversity? Why we quit

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

Every day, someone we know quits their job, quits on their health, quits a marriage, or quits on themselves. It is an epidemic. In my experience of multi-day desert running events, while 20 to 40 per cent of athletes do not finish, once athletes pass their "hump days" they almost never quit. But when is hump day? In many ways, be it in a race or in life, *when* hump day occurs is arbitrary; we decide when it is. However, the quitting pattern is obvious.

Our "quitting quotient" — the likelihood we will give up on or abandon a project — is determined mainly by our mental relationship with what lies ahead. If the task feels insurmountable, our level of fighting spirit and motivation sinks. "I can't do another day — the worst has yet to come" are words I heard many times in the desert. Yet, at the same time, I heard just the opposite from other runners in the same situation: "I've passed hump day — the worst is behind me." The motivation levels of this second group of runners soared. Statistically, in a five-day desert race, where athletes run a marathon on each of the first four days and a double marathon on the fifth, most of the quitting occurs after days one and two, rarely after day three, and never after day four — although the next day is the most physically punishing. By then, quitting is no longer an option as we see "light at the end of the tunnel."

Of course, life hands us many things that we are better off quitting if we perceive better and healthier opportunities elsewhere. What the lesson is for all of us, however, when grinding through a rough patch in life or in the desert, is to adopt an "I will do this" mindset as opposed to hoping to get passed the elusive hump day.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

BSL SECURITY TRAINING
Institute offers BST Training for $49 Conditions Apply.
• Success rate is 99%
• Ask about our Kelowna location
Call 604 507 8915

COMPLETE A CANADIAN DIPLOMA!
• Hospitality & Tourism
• Health Care & Nursing
• Business Management
• Computerized Accounting
• Information Technology
• Internationally Recognized Certifications
CO-OPS AVAILABLE
ULI Universal Learning Institute
Providing Excellence in Education since 1996
604.248.1242 • www.uli.ca

LMS Reinforcing Steel Group
Special Project - We're Hiring!
REBAR INSTALLERS NEEDED 24HR CONCRETE GRAIN SILO FORM POUR
NORTH VANCOUVER - ACCOMODATIONS PROVIDED
Be part of a landmark project, recognized throughout Vancouver, then Come back to grow with us at LMS Reinforcing Steel Group! Our City infrastructure could not be built without experienced professionals like YOU!
Project Duration
July 21st - July 28th, 2014
Job Vacancies 50
Shifts:
DAY 7AM - 7PM NIGHT 7PM - 7AM
PREMIUM RATE PAID
Benefits:
Accomodation
(if you reside out of North Vancouver area)
Meals Provided
(During Shifts)
Completion Bonus
(if all 7days of 12 HR shift is completed)
Requirements:
Looking for Dependable & Hard working professionals who can commit to: 7 to 8 Straight days (Monday - Monday) of 12 HR shifts *See below for either Days or Nights.
APPLICATION REQUIREMENTS:
Send your Letter of intent/ interest and point form resume (outlining your previous experience transferrable skills) and preferred shifts (DAY or NIGHT)
Via Careers@lmsgroup.ca OR Fax: 604.572.6139
Quote: "SILO-July2014" in subject line. We thank all applicants for their interest, however only those who clearly outline the application requirements above will be contacted toward future screening.

Become a
Web & Mobile App Developer
1 year study + 6 month paid co-op diploma
• study and work in an IT company
• starting on 29th September
25% off
CORNERSTONE
International Community College of Canada
713-333 Terminal Avenue Vancouver, BC, Canada
Tel. 604 687 5414 / info@ciccc.ca

Ginger-hoisin dressing, Napa cabbage and steak create Asian-influenced dish

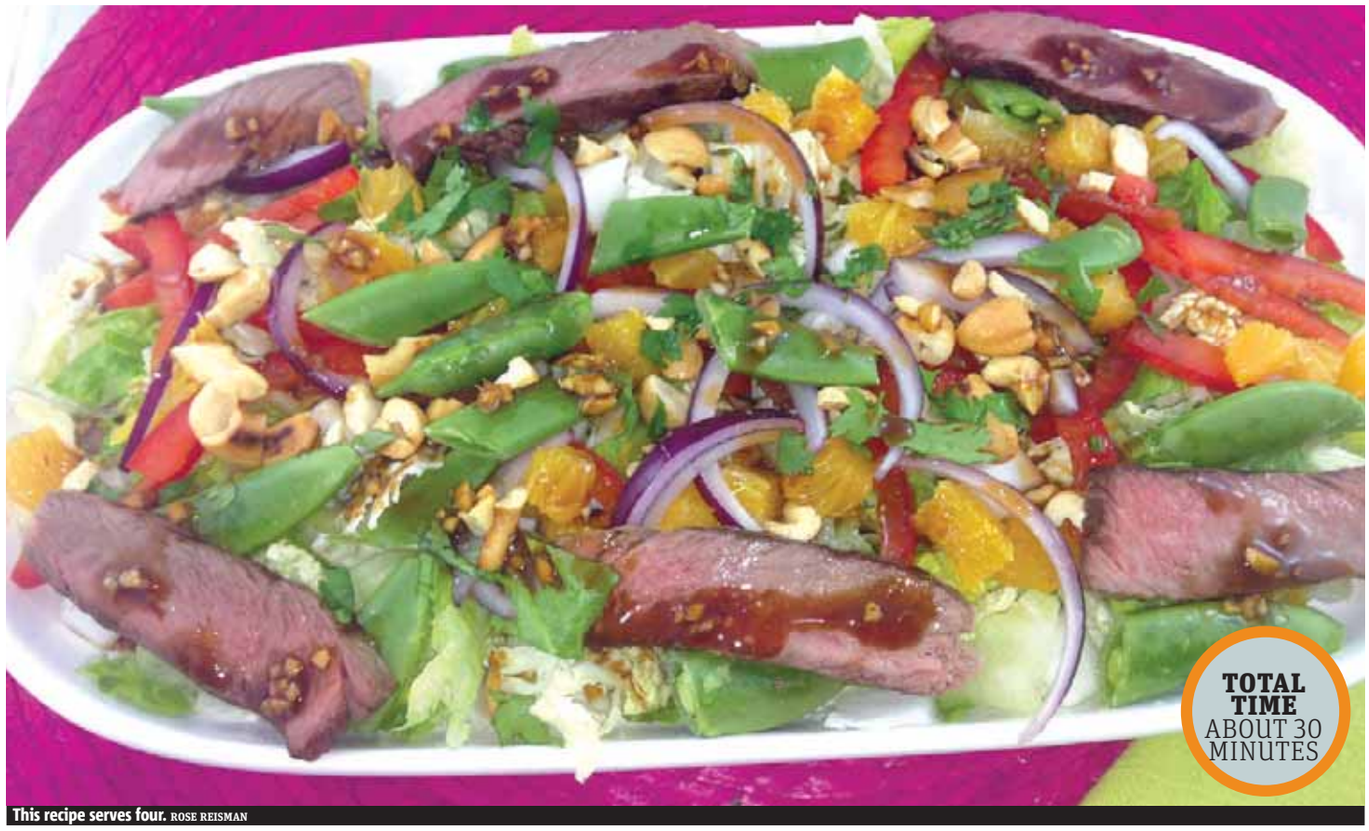
Salad Spotlight.
Who wants to eat a heavy meal during the summer? This week, Metro lightens it up with great options like this Thai Beef Salad

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

Here's a great way to have your steak and eat it, too!



This recipe serves four. ROSE REISMAN

Ingredients

- 4 oz New York strip steak
- 3 cups chopped napa cabbage
- 3 cups chopped romaine lettuce
- 1 cup sliced red bell peppers
- 1 cup sugar snap peas, cut in half
- 3/4 cup diced orange segments
- 1/3 cup sliced red onion
- 3 tbsp chopped cilantro
- 3 tbsp chopped toasted cashews

Dressing

- 2 tbsp hoisin sauce
- 1 tbsp fresh lemon juice
- 2 tbsp low-sodium soy sauce
- 1 1/2 tsp minced garlic
- 1 tsp chopped ginger
- 1 1/2 tsp honey
- 1/2 tsp hot sauce

Lean meat is an excellent source of protein and is low in fat and saturated fat. The key to eating red meat is to enjoy it as a side to a meal rather than the main course.

The leanest meats include top sirloin, flank, New York sirloin and beef tenderloin.

You want to minimize the fatty steaks including rib-eye, porterhouse and skirt steak.

This Asian-flavored salad combines Napa cabbage and romaine, along with sweet orange segments, sugar snap peas and toasted cashews.

The tasty light dressing has a base of a ginger-hoisin sauce that complements the salad beautifully.

If your guests love steak, you can easily double the portion since two ounces is acceptable in terms of calories and fat. Feel free to substitute grilled chicken breast, pork, shrimps or tofu for the beef.

Directions

1. Grill the steak just until cooked to your preference. Cool for 10 minutes, then slice thinly.

2. On a large serving platter, add the cabbage, lettuce, bell peppers, peas, orange segments, onion, cilantro, cashews and steak slices.

3. To make the dressing: Combine the hoisin, lemon juice, soy sauce, garlic, ginger, honey and hot sauce and pour over top.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional information

Per serving: 210 calories; 27. 1 carbohydrates; 6.5 fibre; 11.6 g protein; 6.6 g total fat; 2.2 g saturated fat; 21 mg cholesterol; 433 mg sodium

This isn't your granny's coleslaw

If you want a variation on typical coleslaw, this is an outstanding alternative.

Cabbage, mango and a light peanut dressing are perfect for any time of year.

Be sure to choose a ripe mango, which will be sweeter and more tender.

Light coconut milk saves you half the calories and two-thirds the fat compared to regular coconut milk.

Ingredients

Salad

- 3 1/2 cups thinly sliced green cabbage
- 1/2 large ripe mango, thinly sliced
- 1/2 cup grated carrots
- 1/4 cup thinly sliced red onion
- 1 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced water chestnuts
- 1 tsp sesame seeds
- 3 tbsp chopped cilantro

Dressing

- 1/4 cup light coconut milk
- 2 tbsp almond or peanut butter
- 1 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 2 tsp sesame oil
- 1 tsp honey
- 1 tsp crushed garlic
- 1 tsp crushed ginger
- 1 tsp minced jalapeño peppers or Sriracha

1. To make the salad: Combine the cabbage, mango, carrots, onion, bell peppers, water chestnuts, sesame seeds and cilantro in a large serving bowl.

2. To make the dressing: In a small food processor, purée the coconut milk, peanut butter, soy sauce, vinegar, sesame oil, honey, garlic, ginger and jalapeño until smooth. Pour over the salad.

ROSE REISMAN

This recipe serves six. ROSE REISMAN

Germany reigns over Messi's World Cup

Fourth title. Tense final clinched on a majestic Mario Goetze volley in extra time

With two quick and sublimely deft touches, Mario Goetze ended Germany's 24-year wait for another World Cup title.

Goetze scored the winning goal in extra time to give Germany a 1-0 victory over Argentina on Sunday in a tight and tense World Cup final that came down to a few moments of individual skill.

Goetze, who wasn't born when West Germany beat Argentina in the 1990 final, controlled a cross with his chest in the 113th minute and in one fluid motion volleyed the ball past goalkeeper Sergio Romero and inside the far post from five metres out.

It was a goal that gave Germany its fourth World Cup title in its eighth final and left Argentine star Lionel Messi still walking in the shadow of his compatriot Diego Maradona, who led his country to the 1986 title.

Goetze went on as a substitute for Miroslav Klose toward the end of regulation time and the 22-year-old midfielder's fresh legs made the difference.

Andre Schuerrle broke down the left flank, sending his cross into the area, and the Bayern Munich player did the rest with a clinical finish. The goal echoed that of Andres Iniesta's four years ago, when the midfielder scored in similar fashion but from the other side of the area to give Spain a 1-0 extra-time win over the Netherlands.

Germany's Mario Goetze volleys it into Argentina's net past goalkeeper Sergio Romero in extra time in the final of the World Cup at the Maracana Stadium in Rio de Janeiro, Brazil, Sunday. NATACHA PISARENKO/THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the image with your Metro News app for more images from the World Cup's grand finale in Rio de Janeiro.

metro AR

→ See the full instructions on Metro's Voices page.

"It's incredible. The team did it beautifully," said Manuel Neuer, who was voted the tournament's best goalkeeper. "At some point we'll stop celebrating but we'll still wake up with a smile."

For Germany, the win ends a string of near misses since winning its last major title at the 1996 European Championship. The team lost the 2002 World Cup final to Brazil and lost in the semifinals in both 2006 and 2010.

Argentina had not been back in the final since that 1990 loss and has now been beaten by Germany in the last three World Cups.

"This was our chance, and we felt that way. We couldn't do it. We have to lift our head and suffer the pain," Argentina midfielder Javier Mascherano said. "Obviously, the pain is tremendous. We wanted the cup for Argentina."

It is Germany's first title as a unified nation, having won as West Germany in 1954, 1974 and 1990. It was also the third final between these countries and had been billed as a matchup between Germany's machine-like unit versus the brilliance of Messi, the four-time world player of the year. But in the biggest game of his career, Messi came up short.

THE ASSOCIATED PRESS

MLS

Whitecaps plan to 'put things right' in troubled waters

So it begins, the second half of the Major League Soccer season for the Vancouver Whitecaps.

It gets underway Wednesday, when the Whitecaps visit Canadian rival Toronto FC. The Vancouver side is coming off a 3-1 loss to Chivas USA on Saturday.

The Whitecaps appeared to be in control throughout the first half, jumping out to the lead when Carlyle Mitchell scored his first career MLS goal off a corner kick, the first goal of that set piece for Vancouver this season.

Things went askew after that. Three straight Chivas USA goals were conceded and the Whitecaps, in a position to secure crucial points, came away with nothing.

The Whitecaps remain in the fifth and final playoff spot in the West, one point ahead of the L.A. Galaxy and two ahead of Chivas USA.

Now comes a difficult portion of the schedule, with the Whitecaps on the road for three of their next four matches. First, it's Toronto. Then it's Real Salt Lake.

Three of their next four opponents — Toronto, Real Salt Lake and FC Dallas — are also currently in playoff positions.

"I just told them that we've got to win an extra game away now, which I'm confident we will," said head coach Carl Robinson.

Added Nigel Reo-Coker: "We've got another two games we can put things right. It's just as simple as that."

CAM TUCKER/METRO

Lions get their motor running in Week 3

When Mike Benevides spoke out last week about his team not making plays during two ugly losses to begin the season, the B.C. Lions' head coach didn't spare the running backs.

Though he didn't mention any names, here's the specific excerpt from Benevides: "At the end of it, running backs putting the ball on the ground two weeks in a row. What the hell is that?"

Well, the coach got the desired response, from players on both sides of the ball.

The Lions, previously 0-2 to begin the 2014 season after entering it as the Grey Cup favourites, recorded a 26-13 win over the Saskatchewan Roughriders on the road at Mosaic Stadium on Saturday.

As for the running backs: Andrew Harris, from Winnipeg, had 138 yards rushing on 18 carries, which included a 58-yard touchdown run that was as much about speed as it was strength from the fifth-year player.

He was also the benefactor of terrific blocking up front, from an inexperienced offensive line that had lately been under criticism.

Stefan Logan didn't rack up nearly the same numbers rushing as Harris. But he had an impact on special teams, averaging 22.8 yards per kickoff return and almost 12.8 yards per punt return, resulting in favourable field position for the Lions' offence.

The Lions return home to face the Montreal Alouettes on Saturday at BC Place Stadium.

CAM TUCKER/METRO

B.C. Lions running back Andrew Harris runs in a touchdown on Saturday versus the Roughriders. LIAM RICHARDS/THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Resist the urge to make value judgments about others. We all have different fates and you cannot know what is right for someone else. The only behaviour you should be concerned with is your own.

♉ Taurus
April 21 - May 21
Act quickly if someone offers something you desire. It's OK to be cautious, but if you wait too long the opportunity could be offered to someone else.

♊ Gemini
May 22 - June 21
If you need to do something that is going to take a lot of physical energy, now is the time. Also, don't wait to be offered something you are in a position to take for yourself.

♋ Cancer
June 22 - July 23
You know that everything will turn out for the best but it may be hard to convince the logical side of your mind. The way to overcome fear is through faith.

♌ Leo
July 24 - Aug. 23
The more others say you should be disciplined, the more you will go out of your way to rebel. There is no logical reason you should follow the rules just because others say you must.

♍ Virgo
Aug. 24 - Sept. 23
You may be apprehensive about the changes now taking place but if you go with the flow, nothing bad will happen.

♎ Libra
Sept. 24 - Oct. 23
You will be assertive and adventurous over the next 24 hours and that's good. Employers and other important people will be impressed by your can-do attitude.

♏ Scorpio
Oct. 24 - Nov. 22
Your imaginative powers will be strong today but that will only be good if you have a positive attitude. If you allow the unknown to scare you, over the next 24 hours you will be sent scurrying for cover.

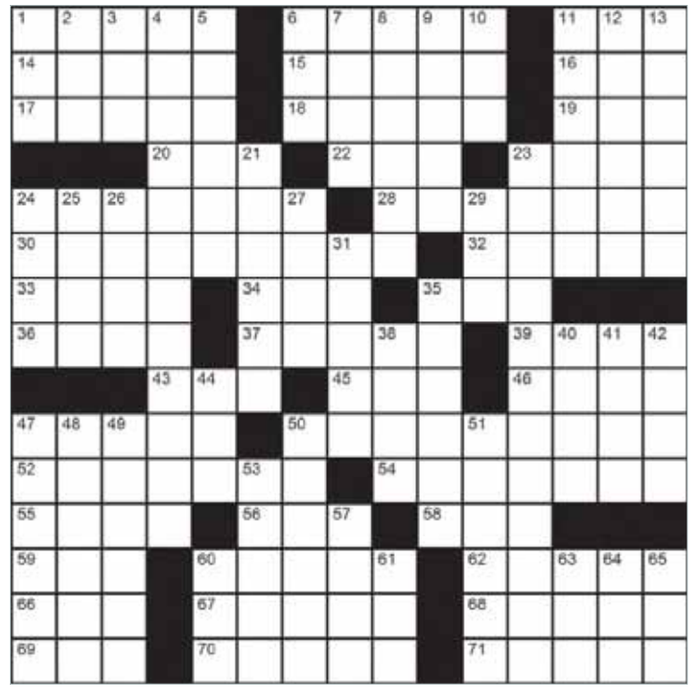
♐ Sagittarius
Nov. 23 - Dec. 21
The planets encourage you to be inventive and if you are able to respond you will create something that will be praised.

♑ Capricorn
Dec. 22 - Jan. 20
Look for ways to turn new developments to your advantage. If you can do that, this should be an amazingly productive time for you.

♒ Aquarius
Jan. 21 - Feb. 19
You don't usually let your passions get the better of you but they will today. You won't care what others think about what you do or say. That is, you won't care today. Tomorrow you may be embarrassed!

♓ Pisces
Feb. 20 - March 20
If you respect others they will respect you. If you say or do things that others find offensive you can expect backlash.

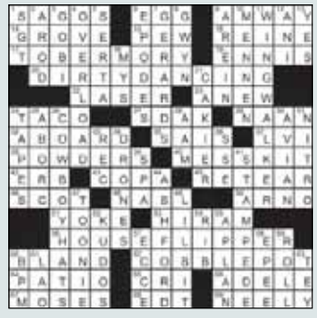
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Heroic poems
6. "It just doesn't __ __..." (Detective's observation)
11. Blue Bombers, on scoreboards
14. Circus card
15. Canada's Environment Minister, Ms. Aglukkaq
16. ISP, e.g.
17. Dare Maple Leaf __ Cookies
18. Boris __, Montreal-born conductor
19. Wheat: French
20. Chosen __
22. Nero's 1501
23. British band, __ Shaker
24. __ paint
28. Canadian jazz group, __ Au Quartet
30. Ontario... Starring role in current Shaw Festival play The Philadelphia Story: 2 wds.
32. __ __ Own Write (John Lennon book)
33. Mr. Young
34. "Sprechen __ Deutsch?"
35. Li'l diagram
36. 'Wine'-meaning prefix
37. Basketball great Shaquille
39. Chunk
43. Container
45. Litigate
46. Actress Diane
47. Heinz Canada brand, __-Getti
50. Egg-free mayo brand
52. Quandary
54. On-the-wall lights
55. Podium
56. Eyeball
58. Said a li'l 'hello' like Rocky
59. '_' __ for London
60. Perform off-the-cuff
62. Jennifer or Meg
66. Tee-predecessor
67. Labatt-like
68. Playing cards guy
69. Date
70. __ River, Nunavut
71. Writer Ms. Christie, to pals

Down
1. And so on [abbr.]
2. Golf standard
3. U2's home, for short
4. What people often change into after work: 2 wds.
5. __-eyed gaze
6. Religious robe
7. Skin-care products suffix
8. Thingamabob
9. Johnny Mathis hit bit: "..__ the twelfth of never..."
10. Ms. Benatar
11. Labrador City's twin town
12. Hoi __ (Common people)
13. Gradually gathers
21. Volleyball Tom Hanks befriends in "Cast Away" (2000)
23. __ __ Historical Settlement (Where the 1800s are recreated in New Brunswick)
24. __ time (Never): 2 wds.
25. First Nation of Manitoba
26. Umbrella reason
27. Quarter, for one
29. Gladiator's 52
31. Della of "Touched by an Angel"
35. Fabric softener brand
38. Jul.'s followers
40. Secular
41. L'__ aux Meadows
42. Wax workers?
44. Beatles: "_ __ the Walrus"
47. Muddles
48. Arbitrate
49. Crinkly fabric
50. Group of Seven member, Frederick __ (b.1881 - d.1969)
51. __ Sound, BC
53. Example
57. Chirping creature
60. "When Smokey Sings" band
61. TTFN
63. Jet __ (Traveller's woe)
64. Gladiator's 56
65. "__-haw!"

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	5				2			
			6				7	5
1		3	4	5				9
	4		2	9				
				1	4		2	
2				7	5	4		6
7	3				9			
			8				1	3

Friday's Sudoku

1	5	8	7	6	9	3	4	2
3	4	6	2	1	5	8	7	9
2	9	7	4	8	3	5	6	1
8	1	2	9	4	6	7	5	3
5	6	3	8	7	2	9	1	4
4	7	9	5	3	1	2	8	6
9	2	4	6	5	7	1	3	8
7	8	1	3	9	4	6	2	5
6	3	5	1	2	8	4	9	7

THE HANDY POCKET VERSION!
Get the news as it happens
Download the Metro News App today at metronews.ca/mobile
metro

FLIGHT CENTRE
The Airfare Experts
1 866 519 5111
flightcentre.ca

Receive $150* up to
credit towards your hotel stay when you book a fly & drive vacation to anywhere in the world.
For full details visit, flightcentre.ca/fly-drive-deals.

*Conditions apply. For full terms and conditions, please speak with your Flight Centre consultant or visit flightcentre.ca/fly-drive-deals. Offer expires July 31, 2014.

CLEAN UP ON COOL SAVINGS!

July 10 - 25 ONLY!

FREE
DELIVERY AND INSTALLATION ON SELECT GE DISHWASHERS![†]

18.2 Cu. Ft.

ONLY $649

Top Freezer Refrigerator. Spill Proof Glass Shelves. Humidity Controlled Crispers.

Black / White $999
Stainless Steel $1099

24" Built-In Dishwasher. Hard Food Disposer. 46 dBA Stainless Steel Interior. Status light indicators.

Black / White $499
Stainless Steel $599

24" Built-In Dishwasher. Easy Open Grip Handles. Electronic Controls. 6 Cycles.

White $499
Stainless Steel $599

24" Integrated Dishwasher. Delay Start. 6 Cycles 3 Options. Audible End-of-Cycle Signal.

Portable Dishwasher*
Black / White $499

24" Integrated Dishwasher. 64 dBA. Hard Food Disposer. 5 PowerScrub Wash System. Pots and Pans Cycle. *Does not include Installation.

20.9 Cu. Ft.

ONLY $1999

Counter Depth French Door Refrigerator. Smart Water Filter. Spillproof Shelves. Auto Icemaker.

19.5 Cu. Ft.

Black / White $1199
Stainless Steel $1299

French Door Refrigerator. GE LED Lighting. Spacious Freezer. Digital Temperature Controls. Neverclean™ Condenser.

20.2 Cu. Ft.

Black / White $899
Stainless Steel $1099

Bottom Mount Refrigerator. Neverclean™ Condenser. Upfront Temp Controls.

YOUR CHOICE!

20.2 Cu. Ft.

$1099

Bottom Mount Refrigerator. Stainless Steel. Upfront Temp Controls. Neverclean Condenser™

30" 5.0 Cu. Ft.

$599

Dual Cooktop Element - Powerboil™ Hidden Bake Element

24"

$499

Built-In Dishwasher. Electronic Controls. Stainless Steel Tub.

Your Choice
Buy Individually or Buy Package

SAVE $400!

3 PIECE PACKAGE PRICE

$1799

HANDY APPLIANCES

- SALES
- SERVICE
- PARTS

Your One Stop Appliance Shop!

CLICK, CALL OR COME BY

handyappliances.ca
604-879-1555
604-325-1313
705 E 17th Avenue
Vancouver BC
V3V 1B6

Mon-Fri 8:00am-5:30pm
Saturday 9:00am-4:00pm
Sunday ..... Closed

- ✓ Certified Technicians
- ✓ Competitive Prices
- ✓ Diverse Selection
- ✓ Shop Online 24/7!

We Service All Appliances!
Visit Us Online
HandyAppliances.ca

Book your Service Call Online and Save

$19.99

†Haul Away not included. *Does not include installation. All prices shown in this ad are after any applicable instant rebates. Subject to product availability. All prices are subject to tax. We're only human and occasionally make mistakes. Product descriptions, typographic, price or photographic mistakes are unintentional and subject to correction. Some conditions apply. See in store for details.